

**HEARTACHE AND HEALING: COMING TO TERMS WITH  
GRIEF**

Suzann Nagi

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As a result of all the false promises I have left. Looking back, I hate myself for making it.

Ikindoffeellikebreakingupwouldbehustlingbackwards.AlthoughIcertai

As a loving pet owner, though, the time may come when you need to help your pet make the transition from life to death, with the help of your veterinarian, in as painless and peaceful a way as possible. People avoid touching the obviously dirty things-toilet bowls, garbage cans, anything in a public restroom. It might be hard to let that person go when they have been such a big part of your life for so long but in so many ways you will become a much better and stronger person as a result of the breakup. Wehaditallandcouldhavehadsomuch.Face reality.